

# South Carolina Department of Agriculture

## Hugh Weathers, Commissioner



Ask for South Carolina.  
Nothing's Fresher. Nothing's Finer.

### Eat Smart - Certified SC Grown

COLUMBIA, SC - What's your favorite color? Red, yellow, orange, green, blue, purple, white? Pick a little color for your plate.

It's the season to buy South Carolina grown. Watermelons, beans, tomatoes, cantaloupes, peaches, squash, eggplant, sweet corn . . . the list of fresh produce available during South Carolina's peak summer produce season is endless.

Try eating a diet rich in colorful fruits and vegetables. The potential benefits associated with eating more fruits and vegetables stack up quickly. Reducing your risk of certain chronic diseases is only the beginning.

And don't forget to Move More while you Eat Smart. The SC Eat Smart, Move More partnership supports healthy eating and active living where South Carolinians live, learn, work and play. Eat Smart Move More. Get up. Get out. Visit <http://eatsmartmovemore.sc.org/> for 7 Healthy Habits.

Enjoy locally grown fruits and vegetables. The time is right to find your favorite color at the nearest supermarket, roadside market, or farmers market.

Look for the Certified SC Grown logo. Buy South Carolina. Nothing's fresher. Nothing's finer.

For more information about the Certified SC Grown program, contact Ansley Rast, 803-734-2200, [arast@scda.sc.gov](mailto:arast@scda.sc.gov).

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